



Identification of Cognitive Emotion Regulation Strategies in Nurse of Intensive Care Unit

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Introduction: Human successes in several dimensions based on not only intellectual abilities but also competencies in management of emotions. Emotion play important role in various aspects of life, such as adjusting to life's vicissitudes and stressful events. It is so important to regulate emotions in stressful situations and jobs such as nursing confronting daily to physical and mental health. As a result, the aim of this study was to determine cognitive emotion regulation strategies in nurses working in special sections of Qazvin hospitals in 1395.

Methods: This study was a descriptive-analytical. The sample of the study was 85 nurses working in Qazvin hospitals selected randomly categorical sampling method. It is used CER Q questionnaire to assemble information. Analysis of data carried out with SPSS 18 using descriptive (tables and figures) and inferential (X^2 test, T-test, ANOVA, Pearson coefficient and multiple regression) statistics.

Results: Results suggested nurses working in emergency sections had higher scores in emotion regulation strategies with mean and standard deviation 11.25, respectively. There were a significant correlation between age and sue of ER and between education and ER, based on determination coefficient, variable in regression model could predict and explain 23 percent of the variance of ERS.

Conclusion: Regarding to the importance of ERS, it is necessary and we suggest to train ERS for nurses to adjust to the conditions of their stressful job and to aware daily with their emotions especially nurses working on specific sections and aim to prevent occupational Exhaustion.

Keywords: Nursing, Cognitive Regulation of Emotion, Stress.